

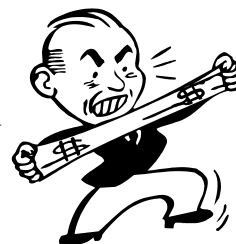
Good News for People in Rural Nevada: Legislature Passes Governor's Recommended Budget

The legislature has approved the Governor's Recommended Budget and it looks like, unlike some other states, Nevada has made a commitment to people with developmental disabilities and their families for the coming two-year budget cycle. Legislators said they were tired of hearing that Nevada is rated last in the U.S. for services for people with significant disabilities. Realizing that Nevada has fallen further behind in funding for services in the past 10 years, legislatures approved requested expansion of services based on realistic growth projections. All services except service coordination are phased-in over the two year period. Some budget highlights for fiscal year 03-04 and 04-05

in rural Nevada are as follows:

- Waiting lists for services will be decreasing as new services come on board. Funding for waiting lists was included in the budget.
- New supported living services for 46 people will be available by June of 2004. The following year, SLA services for an additional 36 people are funded, for a total of 82 new people over the biennium.
- New jobs and day training services for 32 people will be added during FY 04, with services for 31 additional people funded during FY 05. This will add jobs and

day training services for 63 new people over the two year budget ending June 2005.



- 75 new families are funded for family support (respite) over the two-year period.
- New service coordinators will be added: 2 in FY 04 and 1 more in FY 05. RRC tentatively plans to open service coordination offices in Douglas County late in 2003, as well as in Hawthorne and Ely in the summer of 2004. Some existing offices will also have additional service coordinators due to growth.
- Eligible families with minor children will be

(See "budget" on page 5)

Mother and Son Reunite

My name is Wayne Macomber and I live in Fallon. I have been looking for my mother, Autley David, for two years. I have not seen her in thirty-four years. I contacted Unsolved Mysteries, Social Security Administration, and attempted an Inter-



net search for my mother. Debbie Elizalde, my RI from EduCare, helped me contact Guy Clifton from the Reno Gazette Journal. Guy Clifton interviewed me and wrote two articles regarding my search. Shortly after the article was in the paper, I received a phone call from someone at Hearthstone of

Northern Nevada, a retirement home. This person told me that my mother resides at Hearthstone and gave me her phone number. I called my mother and we visited one Saturday. Ever since then, we have been keeping in touch through phone calls. We are making plans for more visits.

RRC Vision

People have opportunities to have social relationships, live independently, have meaningful work experiences, contribute to the community, have financial security, access expanding community options and choose competent, trustworthy supports.

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Once a year just like migrating geese MHDS Service Coordinators from across the State of Nevada migrate south. There is a difference however, Service Coordinators do their migrating in August.

This year marks the fourth anniversary of the annual service coordinator conference held in Las Vegas. The conference offers the

opportunity for colleagues to meet and discuss the challenges, accomplishments, and discoveries that have taken place over the past year. Along with the peer association also comes the choice of many different training seminars that provide those in attendance with new tools to use. As a three time attendee I can vouch for the fact that the conference is full of useful tools

that can help everyone learn new and effective ways of providing services to the people we support.

Like last year, service providers are welcome to attend this years conference, and should contact their respective service coordinator in their region for details. Hope everyone who can takes advantage of this years training.

QUEST NEEDS YOUR LEADERSHIP

Quest continues to plug away at improving the quality of services for people living in Rural Nevada. Our goals remain increasing



partnerships in rural communities, supporting community connections, exercising of personal rights and that people direct their own services. *We need your participation and leadership* on these workgroups: "People Direct Their Own Services" and "People Exercise Their Rights and Responsibilities." Call your service coordinator today and tell them you want to become

involved!

Carson City	(775) 687-5162
Winnemucca	(775) 623-6593
Elko	(775) 753-1100
Silver Springs	(775) 577-4077
Fallon	(775) 423-0347

Sergio Martinez – Dreams Do Come True

Sergio is a shy, bashful young man who has dreamed of becoming his own man and of being financially stable. Sergio's pride and joy is his truck, but he also loves animals. He has 2 dogs, 2 cats and some chickens. Sergio enjoys being around people that is why he is doing so well with his job at Wal Mart where he works as a courtesy clerk. Sergio will celebrate two years with the company this September. Sergio is known as a hard worker, and is always receiving praise for his dedication and hard work. When he becomes eligible for a vacation in September of 2003, he plans to fly for the first time to Oregon to



see one of his sisters.

He has been working very hard at paying off the loan on his truck which he will have done by the first of June. He maintains his own apartment but has been wanting his own home where he can have his animals. He would like to raise some pigs to put in his freezer. He has been working through Rural Housing (USDA) and has signed an offer on a place of his own in the country. He really likes the house which has 2 bedrooms and wood burning stove in the living room as well as an attached garage and it comes with

1.25 acres of land. He is looking forward to closing on it and moving this summer.

Sergio came from Mexico as a baby and has lived here all of his life and he has decided that he would like to become a citizen of the United States so he is also working on his naturalization papers. He hopes to have that done by next year.

Sergio is a very happy young man who has made great strides the past few years. The only thing that he can think of that would make his life more complete is to find the right young lady to become his wife. He is in no hurry because he wants the right one, one who has the same interests and goals.

Way to go Sergio, glad to see things are coming together!

Health Update – Sleep by Linda Suzanne, RN

The first week in April was National Sleep Awareness Week. Voluntary sleep deprivation is becoming more common because we want more time for work or play. Many people feel sleep is optional. Sleep problems can be classified as; 1) sleep latency or how long it takes to fall asleep, 2) maintaining sleep, or nocturnal awakenings, and 3) decreased quality of sleep, or total sleep time. Combinations of all of these symptoms are frequent.



In 1910 people were averaging 9 hrs/night sleep, and today people may get only 6-7 hrs/night.

The National Sleep Foundation indicates that some 130 million American adults are accumulating sleep debt hours each week-day night, by averaging one hour, six minutes less than the 8 hours recommended. By the end of the year that's 330 hours of lost rest. Only 2/3 of medical schools in 2000 had a

class for educating physicians regarding sleep disorders. In addition to the expected decrease in thought process and reflexes, research is now showing a definite link between lack of sleep/poor sleep and depression, elevated glucose (pre-diabetic state), high blood pressure, immune system disorders, and heart and lung disease.

New parents, night shift workers, long haul truckers, medical and college students are especially at risk of build-
(see Health on page 6)

A Thank You to Tami in Winnemucca!

Although there are a great deal of wonderful support staff out here in Rural Nevada, every now and then someone shines above and beyond the norm. That person to me is Tami Stoddart in Winnemucca. Tami has been working with people through HHDS for over a year, and the growth that she has demonstrated in that year has been phenomenal.

I knew she was something special when within the second day of hire she came into my office, sat down and asked

if I could give her any "pointers". I handed Tami an outcomes book and told her that if she could understand the outcomes the rest should be easy. When Tami brought the book back there was a new sense of understanding in her voice. When I asked her how she liked the book, her response floored me. Tami had visited the Council website and purchased her own outcomes book. She saw immediate value in the pages, and wanted to educate herself further. Since that faithful day Tami has developed her knowledge of the outcomes, and

uses that knowledge everyday to help her support the people she is working with.

Tami is a favorite among the people receiving services from HHDS, and the reason is clear. She consistently works to help people challenge themselves and experience opportunities that are available. Tami is an idealist, she does not see limits in people, but rather potential for a learning opportunity.

Keep up the good work Tami. Your dedication to the people you support is apparent and appreciated!

April Tells Us About Her Job!

I work at Ruby Mountain Resource Center. My Job here is cashier. Kevin from services for the blind bought a talking register for me along with a bill identifier. Everytime I push a button on the register it tells me what it was. When you put paper in the identifier it tells you what amount the bill is. It goes all the way to \$100. The



identifier does not tell you the coins, only the bills. I also put different color tags on the clothes. The different tags are for the different months. One lady told me that she wanted a talking register, I told her "you can't have mine, I have to have it". Having the talking register really helps with my job, it lets me work alone more without having a job coach around.

Meet Silver Springs New Service Coordinator

Hello! My name is Mary K. McMahon, and I am the new Service Coordinator based in the Silver Springs Office. I am very pleased and excited to join such a great team of Rural Service Coordinators. I will be assisting individuals and their families in the Fernley, Silver Springs, Yerington and Hawthorne areas. It will take a little while before I can meet everyone, but I encourage you to give me a call and introduce yourself (775) 577-4077.

Rob Moves Into the Elko Office!!

Hello Everyone!
My name is Rob Jones, and I am one of the new Service Coordinators for RRC. I am a part-timer and am working out of the Elko office since mid December 2002. Although I have been in the human services field for the past 20 years (most of that time

as a psychotherapist), I have not done social work since 1985-1991 when I was a child abuse worker for Los Angeles and Madera Counties. Working for RRC brings new and exciting experiences and challenges for me as I have not really worked that much with people with developmental disabilities. Although I bring

a lot of already learned skills to this job, I cannot tell you how thankful I am to my colleagues Debbie Harris and Kathleen Austin and my supervisor Bill Hammargren for their assistance with teaching me "the ropes."
Robert Jones, M.A., MFT, DS III

Inspiration Page!!!

Imagination is more important than knowledge... **Albert Einstein (1879 - 1955)**

There is nobody so irritating as somebody with less intelligence and more sense than we have. **Don Herold**

Sometimes I think the surest sign that intelligent life exists elsewhere in the universe is that none of it has tried to contact us. **Bill Watterson (1958 -)**

Our imagination is the only limit to what we can hope to have in the future. **Charles F. Kettering (1876 - 1958)**

An intelligence test sometimes shows a man how smart he would have been not to have taken it. **Laurence J. Peter (1919 - 1988)**

"When you are down and out something always turns up-- and it is usually the noses of your friends." **(George Orson Welles)**

Go confidently in the direction of your dreams. Live the life you have imagined. **Henry David Thoreau (1817 - 1862)**

"Have confidence that if you have done a little thing well, you can do a bigger thing well, too."
(David Malcolm Storey)

"There are two kinds of people, those who do the work and those who take the credit. Try to be in the first group; there is less competition there." **(Indira Gandhi)**

"Be the change that you want to see in the world."
(Mohandas Gandhi)

"What makes us human is our capability to imagine, to cast ourselves as the heroes in the mental adventures of our own design. When one stops dreaming one might as well die, for there is nothing for which living is more worthy than one's imagination." (Odie Henderson, from an online chat, 11-25-2001)

Let no one ever come to you without leaving better.
- Mother Teresa

"It is amazing what you can accomplish if you do not care who gets the credit." **(Harry S. Truman)**

"An idealist is a person who helps other people to be prosperous." **(Henry Ford)**

You miss 100% of the shots you never take.
- Wayne Gretzky

"It is not the answer that enlightens, but the question." (Eugene Ionesco)

"I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living, it's a way of looking at life through the wrong end of a telescope. Which is what I do, and that enables you to laugh at life's realities." (Theodor Seuss Geisel, a.k.a. Dr. Seuss, 1904-1991)

Love people. Use things. Not vice versa.
- Kelly Ann Rothaus

"As long as you can laugh at yourself you will never cease to be amused." **(Anonymous)**

"Somewhere, something incredible is waiting to be known." **(Blaise Pascal)**

The saddest words of tongue or pen are these four words – it might have been.- **Oliver Wendell Holmes**

"Always do right; this will gratify some and astonish the rest." **(Mark Twain)**

The greatest thing is, at any moment, to be willing to give up who we are in order to become all that we can become.
- **Max De Pree**

If people are coming to work excited...if they're making mistakes freely and fearlessly...if they're having fun...if they're concentrating on doing things, rather than preparing reports and going to meetings—then somewhere you have leaders.
(Robert Townsend)

"The most exciting phrase to hear in science, the one that heralds new discoveries, is not 'Eureka!' but 'That's funny ...'" **(Isaac Asimov)**

There is nothing so rewarding as to make people realize that they are worthwhile in this world.
(Bob Anderson)

Brilliant Housekeeping Available in Winnemucca

My name is Bonita Munoz. I am the owner-operator of Bonnie's Brilliant Housekeeping. I clean homes for people in the community of Winnemucca, Nevada. Basically what I do is vacuum, dust, do laundry, wash windows, sweep and mop, do dishes, and clean bathrooms. I feel really good about myself. This work has made me have more self esteem. It makes me proud to be a business owner. Hopefully my business will expand so that I will be able to take a family vacation someday.

Note from Editor-

Bonnie has been doing a great job of managing her own business. She has openings for services in the Win-



nemucca area. Bonnie does excellent work, and those who have used her services rave about her attention to details and time management. Bonnie has two rates,

\$10.00 per hour if you provide the cleaning supplies, or \$15.00 per hour if she brings her own. Bonnie is very flexible, and usually has no problem at all working around the hectic schedules many of us have. If you or anyone you know thinks that they could use Bonnie's services please feel free to give her a call at 625-2407. If you want to put the sparkle back into your home give Bonnie a call.

CPR and First Aid Training Available

Trinity Services, Inc. is now offering CPR and First Aid classes to anyone who needs initial training or recertification. Lynda Beatty, RN, CDDN and Christy Hardesty, QMRP are certified trainers with American Red Cross. They will be holding classes in Reno the second and fourth Thursday of the month in

our Reno office and in Carson City on an as needed basis. Cost will be \$40.00 for both CPR and First Aid and \$30.00 for one class. If you are interested in scheduling someone please contact Lynda at 775-857-2500. Class sizes are limited, however we will work with you to meet your training needs.

(budget from page 1)

able to apply for in-home support budgets, which is an annual allotment used by families to pay for in-home assistance for their family member. This "family support arrangement" is an alternative to RRC's respite program for families who need more assistance. The program is an expansion of the *fiscal intermediary option* that some families in rural Nevada have tried out for the first time this past year. This option gives families an annual budget with which to hire people to provide assistance and supports. Families decide who to

hire, how much to pay, and when supports are used.

- In home supports will continue to be available for adults living with family members. These are available both through the fiscal intermediary option and through traditional contracts with Provider agencies.

Provider agencies will get help, too. The legislature approved a 15% rate increase for providers in CTC and SLA programs. The increase will come in two parts and will start up January 2004. This is a good start...and better than we had hoped, given the challenges faced by Nevada's economy.

Thinking About Communication

Once upon a time two brothers, who lived on adjoining farms, fell into conflict. It was the first serious rift in 40 years of farming side by side, sharing machinery, and trading labor and goods as needed without a conflict. Then the long collaboration fell apart. It began with a small misunderstanding and it grew into a major difference, and finally it exploded into an exchange of bitter words followed by weeks of silence.

One morning there was a knock on John's door. He opened it to find a man with a carpenter's tool box. "I'm looking for a few days' work" he said. "Perhaps you would have a few small jobs here and there I could help with? Could I help you?" "Yes," said the older brother. "I do have a job for you."

"Look across the creek at that farm. That's my neighbor; in fact, it's my younger brother. Last week there was a meadow between us and he took his bulldozer to the river levee and now there is a creek between us. Well, he may have done this to spite me, but I'll do him one better." "See that pile of lumber by the barn? I want you to build me a fence --an 8-foot fence -- so I won't need to see his place or his face anymore."

The carpenter said, "I think I understand the situation. Show me the nails and the post-hole digger and I'll be able to do a job that pleases you."

The older brother had to go to town, so he helped the carpenter get the materials ready and then he was off for the day. The carpenter worked hard all that day measuring, sawing, nailing. About sunset when the farmer returned, the carpenter had just finished his job.

The farmer's eyes opened wide, his jaw dropped. There was no fence there at all. It was a bridge -- a bridge stretching from one side of the creek to the other! A fine piece of work, handrails and all -- and the neighbor, his younger brother, was coming toward them, his hand outstretched. "You are quite a fellow to build this bridge after all I've said and done." The two brothers stood at each end of the bridge, and then they met in the middle, taking each other's hand.

They turned to see the carpenter hoist his toolbox onto his shoulder. "No, wait! Stay a few days. I've a lot of other projects for you," said the older brother. "I'd love to stay on," the carpenter said, but I have many more bridges to build.

***Food for Thought:
Do you have any bridges***

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***Supporting Partnership Through
Leadership!***

(HEALTH from Page 4)

ing up “sleep debt” or depriving themselves of sleep over long periods of time. Recent studies point to the fact that teenagers are a risk population building up “sleep debt”, and maybe getting only 5-6 hours/night. Although sleep deprived people can usually perform well in emergencies, the risks and dangers present more with routine daily tasks. Sleep problems that persist over 6 weeks need evaluation to establish a diagnosis. Look for a center accredited by the American Sleep Disorders Association (507-287-6006). Portable home testing is beginning to replace sleep labs and is less costly. Combinations of life style/behavioral change with medication can provide treatment short term. Long term sleep improvements were found to be highest with behavioral treatment intervention, and correction of underlying medical

issues. Beware using over the counter sleep aids such as Benedryl or Melatonin on a long term basis. Melatonin can create very bad dreams, and Benedryl can leave you remaining sleepy for 3-4 hours after you think you’re awake.

Medical problems that contribute to decreased sleep are congestive heart failure, arthritis, back or hip impairments, peptic ulcer, hyperthyroidism, menopause (low estrogen) and prostate problems. Obese persons (especially men with a neck of 17 inches or greater and women with a neck of 16 inches or greater) often suffer from obstructive sleep apnea, which has been linked to heart disease. Although they don’t notice the decreased quality of their sleep, their bed partners may notice. These people usually do notice extreme daytime tiredness. Multiple medications can cause sleep difficulties, such as antidepressants, blood pressure meds, decongestants, and

asthma drugs. Alcohol also acts as a sleep disrupter.

“Sleep hygiene” and life style changes to try are; 1) use the bed for sleep and/or sex only, avoiding eating, watching TV there, 2) manage light sources by decreasing early morning light, and bright light at night, 3) maintain a regular sleep schedule...if you don’t fall asleep in 15 minutes get up, read, do something quiet, and return to bed when your drowsy, 4) avoid excessive napping during the day...use cat naps of less than 30 minutes, 5) maintain a healthy body weight, as obesity exacerbates breathing problems that can prevent or limit quality sleep, 6) avoid alcohol and stimulants, especially nicotine and caffeine too close to bedtime, 7) exercise regularly in the day at least 30 minutes 3 -6 hours before bedtime, 8) worriers should jot down problems and solutions before getting into bed and 8)